



SENIOR CONNECT

APRIL 2023



Hello Everyone!

Senior Connect is a convenient and easy way to stay informed about what's happening in Lawrence Township.

Our goal is to connect people in our community. If you know a senior in Lawrence Township that would like the newsletter, print it out for them and deliver it with a friendly smile! Black-and-white copies are available in the Municipal Building.



Boards and Committees: April

<p>3 Planning Board Meeting</p>	<p>4 Township Council Meeting</p>	<p>5 Trails, Open Space & Stewardship Advisory Committee</p>	<p>6 Recreation Advisory Committee Meeting (canceled)</p>
<p>10 Historic Preservation Committee</p>	<p>11 Growth and Redevelopment Committee Meeting</p>	<p>12 Senior Executive Committee</p>	<p>13</p>
<p>17 Planning Board Meeting</p>	<p>18 Township Council Meeting</p>	<p>19 Zoning Board Meeting</p>	<p>20 Diversity, Equity and Inclusion Committee</p>
<p>24 Shade Tree Advisory Committee</p>	<p>25 Lawrence Alcohol and Drug Alliance Meeting Environmental Resources & Green Advisory Committee Meeting</p>	<p>26</p>	<p>27 Affordable Housing Board Meeting</p>

Senior Center Calendar - April 2023

April 2023

Lawrence Township Office on Aging Senior Center Activity Calendar



Lawrence Township Senior Center
30 East Darragh Lane, Lawrence
Twp. NJ 609-844-7048
Office Hours: 8:30 - 4:30 pm
www.lawrencetwp.com

Lillian LaSalle, Executive Director
llasalle@lawrencetwp.com

Tatum Harbach, Recreation Leader
tharbach@lawrencetwp.com

TRANSPORTATION SERVICES
Senior Van available weekdays
between 8:45 AM - 3:30 PM. By
Appointment only - Must call 48
hours in advance

REGISTRATION
Pre-Registration is required for ALL
Senior Center Programs By Calling
The Center. Programs For Lawrence
Twp. Seniors 60 Years and Older.

**MERCER COUNTY NUTRITION
HOT LUNCHEES**
MON. WED. THURS. AND FRIDAY
No Nutrition Tuesdays
9:15 AM - Coffee
by 10:45 AM - Sign in for meal
Pre-Registration Required
Please call (609)883-8085 OR
(609)989-6650
Site Manager: Vanessa Banks

**Sign up for Grief Group
Counseling Sessions:**
Thursday's
May 11th, May 18th, May 25th
Sponsored by Serenity Hospice Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	4 CLUB #1 - 10:00 AM AARP TAX By Appointment SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	5 LINE DANCE 9:30 AM BUSY BEES 12:30 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	6 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM PEOPLE & STORIES 1:30 PM	7 Center Closed HAPPY GOOD Friday 14 YOGA - 9:00 LINE DANCE 9:30 AM Township Liaison NIXLE 9:45 AM to 11:00 AM BINGO - 1:00 - 3:00 PM Poetry at Library - 1:00 PM	8
9	10 EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	11 CLUB #2 - 10:00 AM AARP TAX By Appointment SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	12 LINE DANCE 9:30 AM EXECUTIVE COMMITTEE 9:30 AM BUSY BEES 12:30 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	13 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM	20 EXERCISE 9:00 AM at Community Center HULA DANCE - 10:15 AM RUMMIKUB 1:00 PM	21 YOGA - 9:00 LINE DANCE 9:30 AM PRIZE BINGO - 1:00 PM Poetry at Library - 1:00 PM
16	17 EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	18 CLUB #1 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	19 LINE DANCE 9:30 AM National Poetry Month Performances - 10:45 AM BUSY BEES 12:30 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	26 LINE DANCE 9:30 AM BUSY BEES 12:30 PM TECH HELP 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	27 EXERCISE 9:00 AM at Community Center RUMMIKUB 1:00 PM COVID BOOSTER WALK-IN CLINIC - 1:30 MEMOIR - 2:00 PM (ZOOM)	28 YOGA - 9:00 LINE DANCE 9:30 AM BINGO - 1:00 - 3:00 PM
23	24 EXERCISE 9:00 AM at Community Center ACRYLIC ART - 10:00 AM TAI-CHI - 10:30 AM CHORALERS 1:00 - 2:00 PM Mah-Jongg 1:00 to 3:00	25 CLUB #2 - 10:00 AM SCULPTURE CLASS 1:00 PM HEALTHY BONES GROUP 2:00 PM to 3:30 PM	29			29

Township Liaison - Craig Dinwoodie,
will be at the Senior Center Thursday, April 14th, 2023
(9:45-11:00 AM) Sign up for NIXLE and to receive other
township updates.

Let's celebrate National Poetry Month - Come read your
favorite poem during lunch at the center on April 19th, 2023
Sign up by visiting or calling the center at (609) 844 -7048

Wednesday, April 19th, 2023
Let's celebrate National Poetry Month - Come read your
favorite poem during lunch at the center on April 19th, 2023
Sign up by visiting or calling the center at (609) 844 -7048

Game Time
MON & FRI
9:15 to 11:00 AM
Board Games
Available at center

SAVE THE DATE - LAWRENCE TOWNSHIP SENIOR CENTER OPEN HOUSE
Tuesday, May 30th, 2023 (10:00 AM to 2:00 PM)
Sign up by visiting or calling the center at (609) 844 -7048
Walk-Ins welcome!

We celebrate our senior volunteers
that generously give their time to
serve their peers.

Announcements / News

Citizen of the Year Awards

You nominated community members to receive the Citizen of the Year Award. Come to the Awards Ceremony at Town Council 4/18.

Sewer Bills Were Mailed

The Lawrence Township Tax Collector has mailed sewer bills. To avoid late fees payment must be received in the Tax Collector's Office by 4:30 pm on April 25th.

Aqua NJ Water Annual Flushing

Aqua NJ will be conducting their annual flushing of the Aqua NJ Lawrence water system and notifying the customers via their website and a phone call/email/text to homes within the affected neighborhood. They are starting with this section. This section was notified this afternoon for 14 business days, but it is expected this to be completed within 10 days. (Additional days will be added in the event of bad weather or emergencies.) The work will be completed from 8:30 AM – 5PM. There should be very minimal impact to the residents unless work is directly on their street and they might notice a slightly lower water pressure and possibly a slight discolor to their water as the hydrant is flushed. It should clear up as soon as the hydrant is closed. If it doesn't, it is recommended to run a cold water faucet for about five minutes till the water returns to normal.

Announcements / News

Municipal Offices Closed

Lawrence Township Municipal Offices will be closed in observance of Good Friday.

Monday, March 27, 2023 - Municipal Manager's Blog

The Municipal Budget Process - Part II

I intend this article to better inform those interested in our public budget process. Although it is a bit choppy with dates and descriptions, I hope that by the end of the article, the reader will be more informed about what we do and when, and maybe prompt them to participate or follow along more closely.

Here we go:

By mid-January, the CFO (Peter Kiriakatis) prepares a detailed municipal budget after reviewing the departmental budgets and having multiple meetings with me that provide him with the necessary budget forecasting to accurately determine costs (i.e., appropriations) and revenues anticipated for the coming year. From this process, Peter prepares the 2023 Recommended Budget. This document contains all the budget details (broken down line by line), so anyone can identify the expenses and revenues involved in running the municipal government.

At the January 17 council meeting, I presented the Recommended Budget to the elected officials (i.e., council members), and Peter provided a presentation identifying specific factors that impacted us this year. We then made the Recommended Budget available on our website and social media pages.

On January 20, 2023, I published an article, "A Story About Our Budget Process and the Lawrence Community," on my blog, website, and social media sites. The Lawrence Gazette also published it so we ensured it reached as many people as possible. The article intended to give the reader a broad sense of our budget preparation process. Part two explains how we involve the public.

From when I provided the Recommended Budget to the council members to when we formally introduced the 2023 Municipal Budget in early March, the budget is revised as we receive information that more accurately presents the picture of 2023 municipal finances. During this time, I provide our elected officials with updated information as they go through their process.

On January 24, 2023, I provided council members with a document titled "The 2023 Budget Message." It explains the thought process and factors considered that helped determine what we believe is the most fiscally responsible budget for the coming year. Since the budget changes (over these early months), I modified the budget message multiple times and released the final version to the public at the formal introduction of the budget at the March 7 public meeting.

Adopting the municipal budget is the most important authority our form of government grants to the council members. The voters elect the council members, who are responsible for thoroughly reviewing the budget, questioning it, working with the Municipal Manager on modifying it, and ultimately adopting a budget they can support and believe to be in the community's best interests.

There are five council members, and a majority vote is required to adopt the budget. Of course, there are times when some members disagree on budget matters, but the majority rules whether to adopt or reject the budget.

From late January through February, the department heads present their budgets to the council members at open public meetings. These occurred on February 7 and February 21. If a department head cannot participate in the meeting, the presentation is available on our website for the community to review. **continued**

On March 7, 2023, I formally introduced the 2023 Municipal Budget to the council members at a public meeting with a decreased tax increase at the request of council members. At my request, our CFO attended the January 17, February 7, February 21, and March 7 meetings and was ready to answer any questions the public had. According to NJ Budget Law, we must adopt the municipal budget by April 28, 2023. We have scheduled our public hearing to adopt (or reject) the budget for April 18, 2023.

When the council members appointed me, they made it clear they wanted our process to be more transparent and for me to step out from my office and engage the public more meaningfully through social media and any other means possible. With this in mind, the budget process we engage in allows any interested resident to be better informed. In addition to how we put information out, any resident may contact me to ask questions. I am happy to meet with anyone should a phone call or email not satisfy them. My predecessor often met with residents regarding the budget. However, I believe the information we provide to the public on the website, social media sites, local newspapers, public meetings, and my blog reduced the need for those types of meetings. To date, I received two telephone calls regarding this year's budget, and both were a "thank you" for the article in the Lawrence Gazette.

As for our budget this year, the tax increase of 2.50 cents (1 cent = \$470,635) is driven by several factors. First and foremost, we are not immune from the higher costs of almost everything due to post-pandemic inflation. In addition to inflation factors, we identified serious public safety issues to address this year. Our Fire Chief and Police Chief at the public meeting on February 7 thoroughly explained these issues.

We are hiring three firefighters, two emergency medical technicians, two civilian employees for the LTPD (to return police officers to doing police work), and two public works employees to better manage our parks and township lands. These additions to staff represent 1.0 cent of our (2.50 cent) increase. Also, due to the NJ Budget Law, we could not claim (or add to our revenue) \$450,000 of the cannabis tax we will receive in 2023. Our inability to claim this revenue makes our budget 1.0 cent more than we actually need. So we are up a cent for the 2024 budget!

If we didn't have a serious public safety issue to address or could have claimed the cannabis tax revenue, we would be down to a .05 cent increase. The remaining half cent increase over last year is primarily explained by contractual increases (salaries, township share of pension contribution, ELSA, health insurance, 911 dispatch, and garbage collection) totaling more than one million dollars which we were able to offset by increased revenues.

The township's finances are strong. Each year we reduce our debt (and expect to be debt free in 2027), increase our Surplus Fund (so we borrow less), and enjoy the highest credit ratings that allow us to get the best financing terms when needed. We also remain the 3rd lowest tax rate in Mercer County while seeing the values in houses increase. We have rebuilt our staff to better meet the services that our community expects and demands. For those who want us to use more from our Surplus Fund to reduce this year's tax increase, the answer is that is shortsighted and simply fiscally irresponsible. When you use more Surplus than you can regenerate, you trigger a downward financial spiral that leads us to areas we have been before not so long ago (2009 through 2015) – and I won't allow us to go back to those troubling times without a fight.



*****OFFICER SPOTLIGHT*****

This week's "Officer Spotlight" is Officer Alicja Tara (#234). Officer Tara is an 8-year veteran of the Lawrence Twp. Police Department. She is also a Physical Training (PT) instructor at the Police Academy and a Field Training Officer for our agency. She immigrated to the United States when she was 10. She went to Lawrence Twp. schools and graduated from Mercer County Community College with a degree in Criminal Justice. She is also the first Police Officer in her family, and she is bi-lingual (Polish and English). Officer Tara said that she became a Police Officer because she wanted to do something where she could interact with different people and help them. She also mentioned that she had a mentor in high school who had a military background. It was this mentor who helped start her on the path to law enforcement. Officer Tara said that the job has been different than she had expected, but in a good way. She said, "I love interacting with different personalities. I also love the fact that the smallest act of kindness may change someone's life forever. You never know what people may be going through in their lives so treating people like your own family is very important to me." She also said that she loves when she gets positive feedback from people that she had helped. She said, "Those moments make me feel like I am making a difference."

Officer Tara is a fine example of what a law enforcement professional should be, but she is also known to be animated amongst her peers. She balances being professional and being "down to earth and approachable." This dichotomy is evident in the attached photos . Keep up the good work Officer Tara! We love having you on board! Świetna robota! (Great job!)

SPRING AND SUMMER PROGRAMS - Register Today!

**Art Camp
Safety Town
Summer Camp
Nature Camp
Adult Pickleball
Hula Hoop**



Recreation: 609-844-7064

HOW HAS COVID-19 IMPACTED YOU?

TAKE OUR SURVEY



HELP US IMPROVE OUR COMMUNITY!

The Lawrence Health Department wants to know about your experiences, opinions, and feedback on the COVID-19 resources (e.g., testing, treatment, vaccines) within your community. Your input is greatly valued and will help to improve our approaches to combat COVID-19.



SCAN THE QR CODE WITH YOUR CAMERA ON YOUR PHONE TO TAKE THE ONLINE SURVEY!

Thank you for completing our survey! If you have any questions please contact the Lawrence Health Department at (609) 844-7089.



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

Health: 609-844-7089

STREAM CLEANUP



APRIL 22
9 AM - 11 AM



COLONIAL LAKE PARK

100 BRIDGE DRIVE | LAWRENCE, NJ 08648



PRE-REGISTRATION REQUIRED!
thewatershed.org/stream-cleanups

- This event is rain or shine.
- **Bring a reusable water bottle and gloves.**
- **Masks optional.**
- **Do not attend if you are feeling unwell.**
- Children must be accompanied by an adult.

YOGA CLASS



LAWRENCE
TOWNSHIP
SENIOR CENTER



Friday's – 9:00 AM to 10:00 AM

For Lawrence Residents 60+ years

\$24 Flat Fee

8-week session

Classes will be held at Lawrence
Community Center:

295 Eggert's Crossing Road
Lawrenceville, NJ 08648

Registration Required

Call the Senior Center at (609) 844 -7048
to Register

Instructor
Cheri Dzubak

Class Dates:

Session 1 – March 24th

Session 2- March 31th

Session 3 – April 14th

Session 4 – April 21st

Session 5 -April 28th

Session 6- May 5th

Session 7 – May 12th

Session 8 – May 19th

NO CLASS APRIL 7th

COME AND JOIN US!
2211 LAWRENCE ROAD
LAWRENCE TWP.

OPEN HOUSE AND COFFEE WITH A COP

LAWRENCE TOWNSHIP
POLICE AND COURTS

APRIL 13TH, 2023
6:30 PM - 8:30 PM

OUR DOORS ARE OPEN
COME HAVE A CUP OF
COFFEE WITH US

RECRUITMENT
MATERIALS WILL ALSO
BE AVAILABLE



Township of Lawrence

Mulch Delivery Program

Free delivery to your driveway

Lawrence Township Residents Only

April 10 thru April 28

Natural Ground Wood Chips

(limit 9 yards per household)

3 yards for \$33.00

6 yards for \$66.00

9 yards for \$99.00

Place your order

Lawrence Township Ecological Facility

3701 Princeton Pike

or

Department of Public Works

240 Bakers Basin Road

609-587-1894

Order Form – www.lawrencetwp.com

This program will assist us with the dispersion of wood chips from our Ecological Facility back into the community.

The program ends when our supply ends

Earth Day is April 22



**What can you do
in Lawrence
Township to
help our planet?**



**Reduce your
use of plastics.**



**Clean up your yard
or help efforts in one
of Lawrence's more
than 20 parks.**



**Shop in a township
thrift store to fight fast
fashion and support
sustainable clothing.**

VOTE 

**Vote to support
environmental
issues.**




Lawrence Township Communications Sign-Up



Stay connected with the
Township!

-  Nixle Emergency Alerts
-  E-Newsletter



April 14	Communications Sign-Up Want to stay more connected with what's happening in Lawrence? Come for 1-on-1 sign-up assistance.
09:45 AM	
Ages 60+	
 Senior Center 30 E Darrah Lane, Lawrence Twp, NJ 08648	Call for Information 609.844.7048





TECH HELP

**Visit or call the center at
(609) 844-7048 to
register**

**Available to Lawrence
Township Residents
60 years +**

Wednesday's

1:00 PM to 3:00 PM

3/29	4/5	4/12	4/19
4/26	5/3	5/10	5/17



**Help by
The Lawrenceville
School Students**

**Location:
30 E. Darrah Lane**

Join us to celebrate our Senior Center Volunteers

**THANK YOU
VOLUNTEERS**

Thursday, April 27th, 2023

1:30 PM to 3:30 PM

Location: Lawrence Twp. Senior Center
30 E Darrah Lane, Lawrence, NJ 08648

**Free to Lawrence Residents 60+ and our
Senior Center Volunteers**



MEMORIAL
DAY
Parade

Sign up to walk the 1 mile Memorial Day parade to represent the Lawrence Township Senior Center.

Saturday, May 27, 2023

Step off at 10:00 AM at Lawrence High School.

Arrive at 9:15 AM to gather as a group.

Register by visiting or calling the center at
(609) 844 - 7048

Poetry Reading

Wednesday, April 19th, 2023

10:45 AM - During Lunch

Location: Lawrence Twp. Senior Center

30. E Darrah Lane

Sign up to read one of your favorite poems during lunch to celebrate National Poetry Month. Register by visiting or calling the center at (609) 844-7048





OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

LAWRENCE TOWNSHIP SENIOR OPEN HOUSE

ART DISPLAYS, EXERCISE CLASS DEMONSTRATION, HEALTHY LIVING DEMOS, NUTRITIOUS FOOD SAMPLING, HEALTHY SNACKS, GIVEAWAYS & DOOR PRIZES

TUESDAY MAY 30, 2023 10AM-2PM LAWRENCE TOWNSHIP SENIOR CENTER

FOR LAWRENCE RESIDENTS 60 YEARS & OVER!

LAWRENCE TOWNSHIP SENIOR CENTER 30 E DARRAH LANE LAWRENCE, NJ 08648 (609) 844-7049

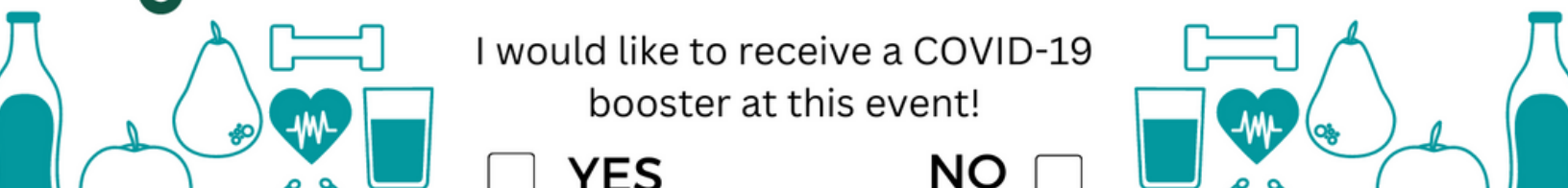
Please fill out and return the slip below to the Lawrence Township Senior Center.

SENIOR CENTER OPEN HOUSE REGISTRATION

- NAME ADDRESS PHONE NUMBER

I would like to receive a COVID-19 booster at this event!

YES NO





COVID-19 BOOSTER CLINIC

MERCER COUNTY LIBRARY
LAWRENCE BRANCH

2751 BRUNSWICK PIKE
LAWRENCE, NJ 08648

SATURDAY APRIL 1, 2023
10:00AM-1:00PM

Free, no insurance or ID required.
Be sure to bring your CDC vaccine card!

COVID-19 BOOSTER CLINIC

LAWRENCE SENIOR CENTER

30 E DARRAH LANE
LAWRENCE, NJ 08648

WEDNESDAY APRIL 26, 2023
1:30PM-3:30PM

Free, no insurance or ID required.
Be sure to bring your CDC vaccine card!

COVID-19 VACCINES



ARE ON GOING!

THURSDAY

April 6, 2023

April 20, 2023

1PM-3:30PM

295 Eggert Crossing Rd

Lawrence, NJ 08648

**ELIGIBLE FOR THE
UPDATED BOOSTER
SHOT?**

**GET YOUR VACCINE AT
THE LAWRENCE
COMMUNITY CENTER!**



The Lawrence Home Improvement Program

Lawrence is accepting names for participation in its municipally sponsored home improvement program for low and moderate-income families. Your name can be added to the waiting list by calling our program consultant Affordable Housing Administrators at 732-966-0674.

Eligible home improvements include roofing, windows, electrical upgrades, heating systems, water heaters, insulation, plumbing and any other health, safety or code violations. The program is structured as a forgivable loan. There are no monthly payments and no interest. If you stay in your home for ten years, you will owe nothing to Lawrence.

The program is available for owner-occupied single-family homes, condominiums, townhomes and duplexes in which the owner occupies one of the units. To be eligible to participate, your gross annual income (meaning pre-tax income) for all household members must be less than:

1 person household	\$ 68,665
2 person household	\$ 78,474
3 person household	\$ 88,283
4 person household	\$ 98,092
5 person household	\$ 105,940
6 person household	\$ 113,787
7 person household	\$121,635
8 person household	\$129,482

Kevin P. Nerwinski, QPA
Municipal Manager



EMERGENCY ALERTS



Sign up for Nixle alerts for Lawrence Township.

Nixle keeps you up-to-date with relevant information from your local public safety departments & schools.

Looking to Receive Alerts from Your Local Agencies?
TEXT YOUR ZIP CODE TO 888777 TO OPT-IN

Receive alerts for

- Severe Weather
- Criminal Activities
- Severe Traffic
- Missing Persons
- Local Events

Or sign-up online to receive emails and phone calls
(It's easy and anyone can join): Go to local.nixle.com/register/

*Required

* Email: Public safety messages are sent here

* Password: Make it hard to guess!

* Full Name:

Language: ▼

Mobile Phone: Text alerts from local police and fire departments are sent to this device.

Home Phone: After sign-up, see your Settings page for supported Local Agencies

Voice Messages: ▼ Service only available from supported Public Safety Agencies

By clicking "I Accept," I accept Nixle's [Terms of Service](#).

Message and data rates may apply. Message frequency varies. [Terms](#) and [privacy](#).

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest  Lawrence



**sign-up for our weekly
e-newsletter**

- township events
- services & programs
- announcements



Township of Lawrence

www.lawrencetwp.com

Or call 609-844-7074
for sign-up assistance

Mercer County Nutrition Program for Older Adults

MEALS SERVED AT THE
LAWRENCE SENIOR
CENTER
MONDAY, WEDNESDAY,
THURSDAY & FRIDAY

30 E. Darrah Lane Lawrence NJ, 08648

The Mercer County Nutrition Program for Older Adults offers warm meals served in settings that bring people together for activities and socialization.

Registration Required and Transportation offered to Lawrence Residents 60 years or older

Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.

Please Call **Millie Booth** at (609) 883 -8085 or
Mercer County Nutrition (609) 989-6650



Lawrence Township Office on Aging/Senior Center



9:30-11:35 AM Mondays & Fridays

in the Game Room

Scrabble

Monopoly

Trouble

Checkers

Yahtzee



Rummikub

Dominoes

Cards

Backgammon



Come out for some old-fashioned fun!

PLEASE NOTE: Games are also available at any time at your request, just ask senior center staff for assistance!

Lawrence Township Office on Aging

Line Dance

Wednesday's with James Ellis – 9:30 AM

Friday's with Rose Majofsky – 9:30 AM

Class size
limited

Lawrence Township
Senior Only 60
years and older

Visit or call
(609) 844-7048
the senior center to
register



DUPLICATE BRIDGE



Lawrence Township Senior Center
30 E. Darrah Lane
Lawrence, NJ 08648

TUESDAYS
9:00 AM

Come out and play Duplicate Bridge at the
Lawrence Senior Center.

Organized by Stu Augustin

Call the center at **(609) 844- 7048** to register.



Project Healthy Bones

- ✓ *Do you want to improve strength, balance and flexibility?*
 - ✓ *Are you 60 years of age or older?*
 - ✓ *Are you at risk of or living with osteoporosis?*
- ✓ *Do you want to learn more about your bone health?*



**JOIN OUR FREE
24-WEEK EXERCISE PROGRAM
THE NEXT CLASS CYCLE WILL BE STARTING
TUESDAY, SEPTEMBER 13TH**

**Classes are held every Tuesday
1:30pm-3:00pm
Lawrence Senior Center**

Please Call Maria Sergio
ICGMC Project Healthy Bones Program Coordinator
609-393-9922

Medical clearance is required prior to enrollment

Developed by The State of New Jersey Office of Community Education and
Wellness Division of Aging and Community Service of Health and Senior Services

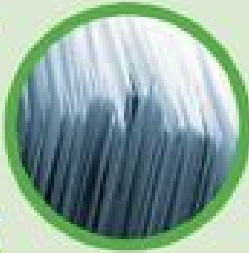


MERCER COUNTY RECYCLING INFORMATION



All recyclables must be in official buckets and at the curb by 7:00 a.m. - **NO ITEMS IN PLASTIC BAGS WILL BE COLLECTED**

YES - you can recycle that!



Mixed Paper



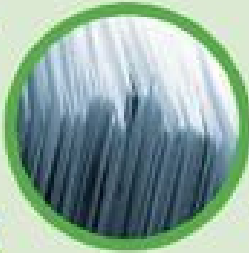
Phone Books



Corrugated Cardboard
(flattened and/or cut)



Hard Cover Books
(covers removed)



Window Envelopes



Soft Cover Books



Glass Food & Beverage
Jars/Bottles (all colors)



Pet Food Cans



Milk Jugs & Plastic
Beverage Bottles



Aluminum & Metal
Beverage Containers



Juice Boxes &
Beverage Cartons



Detergent & Shampoo
Containers



Plastics with
#1 or #2 Symbols

NO - sorry, you can't recycle that!



Pizza Boxes



Plastic Bags

Light Bulbs

Aluminum Foil/Baking Pans

Styrofoam

Drinking Glasses, Dishes &
Broken Window Glass

Ceramics & Pottery

Aerosol Cans

Motor Oil & Anti-Freeze Containers

Clothes Hangers

Bandage Tins & Cookie Tins

Carbon & Waxed Paper

Tissue Paper, Napkins, Paper Plates
& Paper Towels

Plastics with #3 - #7 Symbols

FOR MORE INFORMATION CALL 609-278-8086 OR VISIT WWW.MCIANJ.ORG

FOLLOW US AT
FACEBOOK.COM/MCIANJ

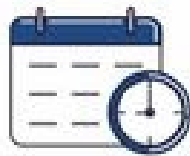


Public Health
Prevent. Promote. Protect.

HAMILTON TOWNSHIP DIVISION OF HEALTH

STI TESTING & TREATMENT CLINIC

FREE AND CONFIDENTIAL



Tuesdays, 9am-12pm
and 3pm-5:30pm!



609-890-3647



2100 Greenwood Ave,
Hamilton, NJ 08609

Walk-in, no appointment needed!

To be seen in the clinic you must live in one of the following towns, please bring a photo ID or proof of address with you:

- Hamilton
- Lawrence
- East Windsor
- Ewing
- Robbinsville
- Hightstown
- Princeton
- West Windsor
- Hopewell Township

Students residing on the campuses of Rider University and The College of NJ will also receive services free of charge with a college ID.



Face masks are required!



Please Note: Pennington and Hopewell Borough residents must see Montgomery Township for services. Trenton City residents must see Henry J. Austin Health Center for services.

All Mercer County residents may use the following clinic for HIV or STI testing:



Henry J. Austin Health Clinic:
321 North Warren Street
Trenton, NJ 08618



609-278-5900





Public Health
Protect. Promote. Prevent.

Lawrence Township Health Department



The MediMobile
MEDICAL CARE AT YOUR DOOR

FREE PCR & RAPID COVID-19 TESTING

THURSDAYS

8AM-6PM



SCAN QR CODE TO REGISTER:



WALK-INS WELCOME

PRE-REGISTRATION PREFERRED:

<https://hipaa.jotform.com/220184479503153>

**SLACKWOOD FIREHOUSE
21 SLACK AVE
LAWRENCE, NJ 08648**

PLEASE BRING YOUR INSURANCE CARD WITH YOU

**FOR MORE INFORMATION PLEASE CALL
THE MEDIMOBILE AT (862) 799-7400**

Blood is an Essential Medicine

There Is No Substitute For Human Blood



1%

If just 1% more Americans
donated blood, shortages
would disappear



EVERY 2 SECONDS

someone in the U.S.
needs blood



29,700 UNITS

of red blood cells are used
each day in the U.S.



1 IN 7

hospital patients need blood
for many reasons, including:
trauma, postpartum
hemorrhage, cancer, sickle cell
disease, hemophilia, kidney
disease, liver disease, preterm
infants, transplants, critical
care and burns

The Components of Blood

Those most needed by patients are:

WHOLE BLOOD

Whole blood contains red cells, white
cells and platelets suspended in
plasma.

USE: MAJOR TRAUMA/SURGERY, (LIMITED
CIVILIAN USE)

RED BLOOD CELLS

Red blood cells carry hemoglobin and
are essential for oxygen exchange in
the lungs.

USE: ANEMIA, SURGICAL BLOOD LOSS,
CHEMOTHERAPY

PLATELETS

Platelets are small cell fragments
whose main function is to interact
with clotting proteins to stop or
prevent bleeding.

USE: THROMBOCYTOPENIA, CONGENITAL
AND ACQUIRED PLATELET DISORDERS

PLASMA

Plasma is a fluid, composed of ~92%
water and 8% proteins, mineral salts,
sugars, fats, hormones and vitamins.

USE: LIVER DISEASE, COAGULOPATHY,
ABNORMAL COAGULATION TESTS,
COAGULATION FACTOR DEFICIENCY

How Much Does It Take?

A person injured in an
automobile accident may
need up to

50 
**RED
BLOOD
CELL
UNITS**

A patient with cancer
undergoing chemotherapy
may need up to

8 
PLATELET UNITS PER WEEK

An organ transplant
recipient may need up to

25 
PLASMA UNITS

30 
PLATELET UNITS

40 
RED BLOOD CELL UNITS

**IT'S THE BLOOD ALREADY ON THE
HOSPITAL SHELVES THAT SAVES LIVES.**

Regular donation helps to ensure blood is readily available to patients whenever
it is needed. Find a Blood Donation Site Near You: aabb.org/DonateBlood



Need Help Finding Your Calm After the Storm?

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Ida Program offers **emotional support services, education, and community-based resources** for individuals and families affected by the aftermath of the **Hurricane Ida**.

The program aims to assist those impacted by the Ida storm to better **navigate new experiences, mitigate stressors, review options** and **find strategies to adapt to challenges**. We provide connections to agencies, programs, and other resources in the community.

We are here for you and your families with:

***Emotional Support Services
Housing Referrals
Food Bank/Pantry Contacts
Tools to Improve Wellness
Community Connections***

hopeandhealing@rwjbh.org
833-795-HOPE (4673)
rwjbh.org/hopeandhealing

Virtual Support Groups *Finding Your Calm After the Storm*

Scan code with your phone or
call to join:

Tuesdays at 4pm
[Zoom Link](#)
+13017158592
ID: 810 4658 1003
Passcode: 911820



Thursdays at 6pm
[Zoom Link](#)
+13017158592
ID: 856 2283 5909
Passcode: 786666



VOLUNTEERS NEEDED!

Legionella Home Water Testing For Trenton Water Works Customers

What is needed:

The NJ Department of Health (NJDOH) is **seeking 30 volunteers** to participate in home water sampling for *Legionella*, the bacteria that causes Legionnaires' disease (lung infection).

Who can participate:

Homeowners who live in **Ewing, Trenton, Lawrence, and Hopewell** and receive water from **Trenton Water Works (TWW)**. The home must have its own **water heater** that is not shared with other units. People who rent are not eligible to participate.

Why should I participate:

The NJ Department of Health is expanding *Legionella* testing to better understand home water systems served by TWW. Based on your results, you will receive personalized recommendations for maintaining your home water system. **There is no cost to the homeowner to participate.**

How can I sign up:

Visit our weblink at bit.ly/3D27n3Z or scan our **QR code**. You will be contacted if you are selected to participate.



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association[®]

THE BRAINS BEHIND SAVING YOURS:

If you have any questions related to Senior Connect, or Lawrence Township broadly, reach out to the Community Aide for further information.

phone: 609-844-7074

email: cdinwoodie@lawrencetwp.com